

Yoga day celebrated across Odisha

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BHUBANESWAR: Atmosphere of Janata Maidan here was calm and filled with divinity on Friday morning as hundreds of people from all walks of life were trying to concentrate on their body and mind through Yoga on the occasion of International Day of Yoga.

Yoga Mahotsav Samiti, Odisha, conducted the mega event

and the experts made people understand about the benefits of yoga. Governor Ganeshi Lal attended the programme and said the nature of yoga is to shine the light of awareness into the darkest corners of the body and urged everyone to take up yoga to get inner peace.

Similarly, educational institutions, government and non-government organisations and central armed police forces celebrated the yoga day with asanas, parmayam and meditation according to the common protocol issued by Union ministry of Ayush. The theme for this year's International Yoga Day is 'Yoga for Harmony, Peace and Progress'.

Chief minister Naveen Patnaik in his tweet said Yoga symbolizes union of body with consciousness and there are innumerable benefits of this gift from ancient India. "On International Day of Yoga, let us make this invaluable gift a way of life for a peaceful and healthy world," he added.

Sri Sri University in Cuttack which offers both undergraduate and post graduate programs in Yoga conducted event in its campus to mark the day. The one-hour session was attended by more than 150 students and faculty members. Yoga experts of the institution were invited to different yoga celebrations in the state.

IIT Bhubaneswar observed the day with enthusiasm and vigour. The institute culminated a three-day programme started from Wednesday. RV Raja Kumar, director of the national institute, said they have made yoga a compulsory part of the undergraduate program.

KIIT and KISS, deemed to be universities, celebrated the day with thousands of students, teachers and staff. Various yogaasanas (postures) and pranayamas (breathing exercises) were carried out by the students and staff members assembled at the KIIT stadium.

Siksha 'O' Anusandhan deemed to be university, Utkal University, Orissa University of Agriculture and Technology (OUAT), BJEM School and other educational institutions of the state observed the day. "It is a best medicine to curtail stress and anxiety. Everybody should practice it every day," said Srimanta Behera, a professional from Patia area.

SAIL, Rourkela Steel Plant, organised Yoga sessions at Rourkela. NALCO also conducted yoga event at corporate office here and production units at Damanjodi and Angul. East Coast Railway celebrated the day with their employees at the headquarters.

Border security force (BSF) troops deployed in the Maoist affected areas of Malkangiri and Koraput districts have observed the yoga day. They performed yoga asanas on the bank of reservoir in Swabhimana Anchal in Malkangiri.